

# RESOLUTION FITNESS

JULY 2018



## IN THIS ISSUE

---

**02**

WELLNESS WALK  
KANGOO  
BARRE AT THE BAR  
10K-A-DAY STEP CHALLENGE  
CHAIR MESSAGES

**03**

GROUP FITNESS

**04**

HOURS OF OPERATION  
HOLIDAY HOURS



RESOLUTION FITNESS

AT 121

# JULY

07.18

## WELLNESS WALK

MEETING AT RES, TAKE THIS GUIDED OUTDOOR WALK WITH A RES TEAM MEMBER FROM 12PM-12:30PM. BE SURE TO BRING A FRIEND! EMAIL [TATUMM@191RESOLUTIONFITNESS.COM](mailto:TATUMM@191RESOLUTIONFITNESS.COM) TO SUBSCRIBE FOR MONTHLY UPDATES OR SIGN UP AT THE FRONT DESK!

07.19

## KANGOO

KANGOO IS BACK FOR MORE FITNESS AND FUN! JOIN LAWANDA FROM 12:45PM-1:30PM FOR A CLASS THAT WILL GET YOU MOVING! SIGN UP AT THE FRONT DESK TO SECURE YOUR SPOT.

07.25

## BARRE AT THE BAR

AN EVENT WITH GOOD MEASURE MEALS AND BARRE INSTRUCTOR, KATIE RICKELS. LEARN ABOUT HEALTHY COCKTAIL/MOCKTAIL RECIPES, TAKE A MASTER BARRE CLASS, AND MORE FROM 11AM-12PM. SIGN UP FOR YOUR SPOT IN THIS CLASS AT THE FRONT DESK!

07.31

ENDS

## 10K-A-DAY STEP CHALLENGE

RUNNING JULY 2ND-31ST, SET A GOAL TO GET 10,000 STEPS PER DAY MONDAY-FRIDAY. KEEP TRACK OF YOUR STEPS AT RES AND BE ENTERED IN TO WIN A PRIZE EACH DAY THAT YOU REACH YOUR GOAL. STOP BY THE FRONT DESK TO SIGN UP!



GOLF SIMULATOR COMING SOON TO THE 191 PEACHTREE TOWER!  
STAY TUNED FOR MORE INFORMATION!



## \$1/MINUTE CHAIR MESSAGES

EVERY WEDNESDAY FROM 11:40AM-1:40PM

RESERVE YOUR TIME SLOT AT THE FRONT DESK!

SCHEDULE A TABLE MASSAGE AT THE FRONT DESK - 24 HOUR NOTICE REQUIRED. PERSONAL TRAINING, PILATES, AND NUTRITION SERVICES ARE ALSO AVAILABLE. CONTACT THE FRONT DESK AT (470) 346-2580 FOR MORE INFORMATION!

# RESOLUTION FITNESS

## GROUP FITNESS SCHEDULE/JULY 2018

### MONDAY

6:15-7A	SPIN KEITH	STUDIO 3
6:15-7A	BARRE FUSION LILIA	STUDIO 1
12-12:45P	KETTLEBELL CONDITIONING JULIE	STUDIO 1
12:30-1:15P	TREK AND TONE EMMA	FITNESS FLOOR
12:45-1:30P	TURBOFIT WAYNE	STUDIO 1
1-1:45P	TRIGGERPOINT YOGA KAREN	STUDIO 2
6-6:45P	BARRE STRONG KATIE	STUDIO 1

### TUESDAY

6:15-7A	SPIN CAROLINA*	STUDIO 3
7-7:30A	CORE POWER DEVIN	STUDIO 1
12-12:45P	RIP N' RIDE JAMEELAH*	STUDIO 3
12-12:30P	SHOCK DEVIN	STUDIO 1
12:30-1P	SHOCK DEVIN	STUDIO 1
5:30-6:15P	ZUMBA LILIA	STUDIO 1
6:30-7:45P	VINYASA YOGA FRANI	STUDIO 1

### WEDNESDAY

6:15-7A	SPIN KEITH	STUDIO 3
7-7:30A	SHOCK DEVIN	STUDIO 1
11:15A-12:30P	BARRE FUSION LILIA	STUDIO 1
12-12:30P	SHRED SAM	STUDIO 1
12-12:45P	RIP N' RIDE NICOLE	STUDIO 3
12:30-1P	CORE CRUSHER SAM	STUDIO 1
1-1:30P	OCTANE CROSS CIRCUIT NOEL*	FITNESS FLOOR
1-1:45P	BALLET STRONG SAM	STUDIO 1
6-7P	POWER PILATES MICHAEL	STUDIO 1

### THURSDAY

7-7:45A	KETTLEBELL CONDITIONING JAMEELAH	STUDIO 1
12-12:45P	POWER PILATES MONIQUE	STUDIO 1
12-12:30P	TREKKING TBD*	FITNESS FLOOR
12:30-12:45P	CORE CRUSHER TBD*	FITNESS FLOOR
12:45-1:30P	KICK & CUT MONIQUE*	STUDIO 1
5:30-6:15P	BEAT BOSS KEISHA	STUDIO 3
6:15-7P	TOTAL BODY BLAST KEISHA	STUDIO 1

### FRIDAY

6:15-7A	SPIN KEITH	STUDIO 3
7-7:30A	SHRED KEITH	STUDIO 1
12-12:30P	TABATA POWER TATUM*	STUDIO 1
12:30-1:15P	YOGA CHANNING	STUDIO 1

### CLASS DESCRIPTIONS

**BALLET STRONG:** This 45-minute Pilates workout incorporates ballet as you work up a sweat!

**BARRE STRONG:** This toning class mixes the elements of pilates, ballet, yoga, and functional training. Focus on strengthening and lengthening your muscles.

**BARRE FUSION:** A mix between dance and heart pumping cardio and strength, this class will help you take your fitness to the next level!

**BEAT BOSS:** Ride to the beat of every song during this 45-minute cycling class. Find your rhythm and challenge your legs like you never have before on a bike!

**CORE CRUSHER:** This class will challenge you to the core! Get rock-hard abs and gain overall strength in your mid-section with this challenging core workout!

**CORE POWER:** A strong core is integral to overall strength, posture, and daily life. Take this 30-minute core blaster to truly challenge your core strength!

**KETTLEBELL CONDITIONING:** Tone your entire body with kettle bells in this sculpting class that combines cardio and strength training for an intense full-body workout.

**OCTANE CROSS CIRCUIT:** 30-minutes of intense cardio and strength training on the Octane Ellipticals with Powerblocks! (6 person maximum, contact Noel for updates for this class)

**TREKKING:** Get your heart pumping and watch your cardio fitness increase with this treadmill workout. Go the distance with sprint intervals and hills!

**TURBOFIT:** Get your engine running and heart pumping with this high intensity cardio and strength training class!

**YOGA:** Lengthen and tone your muscles as you find your center in this lunchtime yoga class.

**KICK & CUT:** This 45-minute class is not your typical kickboxing! Grab some weights to challenge yourself even more!

**POWER PILATES:** Improve your core strength, flexibility, and posture. This class adds more power to your Pilates routine using free weights, pilates rings, and bodyweight exercises.

**RIP N' RIDE:** Improve your cardiovascular condition, increase muscle tone and have fun in this heart-racing cardio class mixed with free-weight toning exercises.

**SHOCK:** Challenge yourself with this high-intensity interval training class! Be prepared for anything as you complete cardio drills and strength training moves.

**SHRED:** A strength and muscle conditioning workout, this class will use body weight exercises and free weights to sculpt your entire body!

**SPIN:** If you are looking for a heart racing, cardiovascular strengthening interval class, then you've found your solution! Get a great cardio workout in 45-minutes on our coach by color bikes!

**TABATA POWER:** Push yourself to the max with this HIIT class designed to give you a total body strength and cardio workout in a quick 30 minutes.

**TOTAL BODY BLAST:** This full body interval class will help you improve your cardio and strength all in one 45-minute class.

**TRIGGERPOINT YOGA:** Blending self-applied trigger point treatments with functional yoga poses, relieve muscular tension and prepare your body to safely strength with this unique style of yoga.

**VINYASA YOGA:** Vinyasa means "breath-synchronized movement." Through gided instruction, you will flow from one pose to the next seamlessly in this 45-minute class.

**ZUMBA:** Add some international zest to your workout and dance your way into a better body!

CLASSES ARE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY



\*Indicates new class or instructor

\*Indicates class is limited to 6 spots. Email Noel at noelr@191resolutionfitness.com to reserve your spot

\*Replaced by Kangoo every 3rd Thursday of each month

# RESOLUTION FITNESS

## HOURS OF OPERATION

**MONDAY - FRIDAY**

**5:00AM-8:00PM**

**SATURDAY**

**8:00AM-2:00PM**

**SUNDAY**

**CLOSED**

**HOLIDAY HOURS:**

**JULY 4, 2018**

**CLOSED**

**“The only bad workout is the one  
you didn't do.”**



(470) 364-2580

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